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ods of use, interchangeable uses, that are Interchangeable and each have their own individual uses, combined uses, methods of use, methods of ingestion, claims and benefits.

Please refer to Exhibit A to see a list of what this patent alleviates on me.

These symptoms are listed in claim 1.

Seed and what comes from a seed (Seed Derivatives) burned cancer out of me. You can use an Evening Primrose oil and Olive Oil. I used a strong doses of processed Evening Primrose Oil.

An Example of what this can do:

Example: I am almost normal when I take my favorite best method. I refused my surgery for Lymph Node cancer. The doctor wanted to take my all my upper Lymph nodes, a spot on my thyroid, and remove my tonsils and anything else he felt he needed to remove. I refused surgery, chemotherapy and radiation for cancer to find the primary origin of a removed fast growing tumor 4 years ago and treated myself with this patent. I have virtually eliminated my mood disorder. I have virtually eliminated my mind disorder. I have almost completely eliminated my lip retardation. I have a healthy blood flow and the grains are continually benefiting my health. I have greatly reduced delusions. I rarely have pain with higher seed and caffeine potencies and subdued pain with lower potencies. I had back and neck pain for 25 years. I almost never have back pain now. I almost completely eliminated my headaches that I have had since I was 2. I have no noticeable Premenstrual syndrome symptoms or Menopause symptoms except for minor hot flashes. I was diagnosed Bi-Polar and these symptoms are just plain simple to remove. Bi-Polar is a problem. I made it no problem. As one example, I add Ibuprofen (800 mg max) and in the morning and afternoon, after a couple of cups of coffee and my regular daily dose of my best methods, I am extremely sedated and these additional medications or added drugs are amplified and make this drug more potent and can be dangerous if you add strong medicines to these without testing the amplified rate of medicinal value. I can easily make over the counter drugs or Pharmaceutical drugs more potent and last longer than their normal rates. I give you combinations and processed specific drugs. It is a food that when you combine it and eat it or process it, you mostly subdue or eliminate many symptoms of many illnesses. The important sub-structure of this medicine is a seed, seed derivative and a medicine that is interchangeable. One example is: Sesame seed, green tea and milk cooked the same as in the best methods Exhibits D and G.

Please use the Dictionary definitions of "Seed" and "Derivative". That way you can get a clear picture of how I use the terms Seed and Seed Derivative.

This is a very unique patent. I specifically used certain ingredients at certain measurements and at certain temperatures to create these. I can change the quantities and qualities and processes. Even though I can interchange them and make them last, I used a very certain combination. It is imperative that you understand the exact combinations do what I have claimed.

You must detoxify with the food version and simple food recipes for best results (afterwards or when you want to get off these medicines or recipes) if you take my best methods. You create a continuing drug in your body by using these methods. It looks like a harmless or a basic food recipe that simply cannot do this You will get extremely medicated and it can cause an increased intoxication if you stop taking this. An example of a

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detoxification food is: You must eat cups of rice, a few tsps of cheese, 2 tsps of green beans, hot milk and very little coffee or caffeine if you need to lower your intoxication. It is mandatory to lower drastically your caffeine intake for extreme overdoses. Do it many, many, many days. You could also eat many greens, but it causes too rapid of a detoxification and can cause psychosis. This drug is continual. You should remove the medicine this way. This is a warning.

#### DESCRIPTION

To the Paranoid Delusional and the Chronically Mentally Ill and Those Afflicted with Illness and Illness Symptoms in Exhibit A

Go straight to Exhibit G (my favorite best method cooked versions) and make it immediately. Take it in cups or  $\frac{3}{4}$ <sup>th</sup> cups large doses with hot milk (and oil as directed) in the morning and afternoon for days then taper it off until you get to a lower dose. Drink 2 cups of coffee. In the late morning I drink  $\frac{1}{2}$  cup of coffee and  $\frac{1}{2}$  cup of milk or green tea. Make this a daily medicine. You must acclimate this food/medicine in your body and keep it in you daily. It is an easy, in your kitchen food, that will help you in 1-10 days and it will help eliminate any hospital trip. After 2-4 weeks, slowly reduce the quantity gradually and lower the medication to a tablespoon per day as directed, you will see the medication effect. You must eat cups at first for many, many days. You must have your body acclimated on this drug. I have you my friend. I have your sanity. If you want, add one glass of red wine or 4 little fruit figs or fruits or dates, a little meat and watch this medicine be better. For a good recipe, drink  $\frac{1}{2}$  cup of evaporated milk before bedtime. (For regular medicinal benefits: Do not eat a lot of green plants/seeds on this medicine. Stay away from excess greens if you are not balanced in your foods.) It pushes out your medicine and causes a detoxification. I eat green plants, but I hate my medicine balance right after that or many hours later. It takes a day to rebalance. It is not worth the psychosis or little pains that pop through. (It should be noted that I eat sushi and seaweed is on the rice and I eat soy beans. This is balanced by the rice and green tea and the meat or fish.)

You will not need to make major adjustments in this recipe. The major adjustment you must make is to understand that a coffee or tea drinker or someone who has a daily intake of caffeine will be using different drug or food than someone who has zero caffeine intake daily. These are made based on my daily intake of coffee. I use 3 cups of coffee approximately in the morning and one in the afternoon, maybe. 1 at night can be consumed (and add a little evaporated milk or creamer) if you need to make this food stronger. You must adjust these for that issue. I have spent 5 years adjusting these doses and finding a combination that works best. You do not want to adjust these too much. Mix it in perfect quantities (not too far off from the quantities I have listed and you will have a well balanced medicine.) You actually can make many changes, but the best methods are a good example to get you to the right quantities. The ingredients can all be adjusted. The problem is too much of one ingredient or too little of one ingredient affects the others adversely. Another problem or benefit is length of cooking time and how you process these ingredients. This 1 best method and my favorite recipes have been tested over and over again and I have found these exact quantities and this exact processing to be my favorite. You need a balance. The 1 best method and my favorite best method will work for most of your issues. You can make many different versions and I did. I am giving you a best method that